

Healthy and Delicious Salad in Jar Recipes

Thai Beef Noodle Salad Jar

Servings: 4

Ingredients

1 cup broccoli, chopped into small florets
1 ½ cups cooked vermicelli rice noodles
½ pound cooked beef, cut into small cubes
4 scallions, chopped
2 carrots, sliced into matchstick strips
1 yellow bell pepper, chopped
8 baby plum tomatoes, chopped
A handful of fresh cilantro, roughly torn
2 cups mixed spinach and watercress leaves

Dressing

3 tablespoons olive oil
1 tablespoon rice wine vinegar
1 tablespoon peanut butter
1 tablespoon sriracha
2 tablespoons soy sauce
¼ teaspoon ground ginger
1 garlic clove, grated
2 tablespoons honey
1 lime, juice

Preparation

1. To make the dressing: Whisk all the dressing ingredients together until well combined. Divide the mixture evenly into 4 quart-sized canning jars.
2. Layer the rest of the ingredients in the following order: Broccoli, noodles, beef, scallions, carrot, bell pepper, tomatoes, cilantro, and salad leaves.
3. Cover with lids and refrigerate until ready to serve.

Nutritional Facts (402 g per single serving)

Calories 506, fats 17 g, carbs 66 g, protein 22 g, sodium 782 mg

Classic Greek salad

Servings: 1

Ingredients

½ cup cucumber, de-seeded and cut into bite-sized pieces
½ cup feta cheese, crumbled
1/3 cup Kalamata olives
½ cup red onion, thinly sliced
½ cup tomato, chopped
1 cup baby spinach and watercress

Dressing

1 tablespoon red wine vinegar
½ tablespoon lemon juice
½ teaspoon Dijon mustard
½ teaspoon dried oregano
2 tablespoons olive oil
Salt and pepper, to taste

Preparation

1. To make the dressing: In a small bowl, whisk the red wine vinegar, lemon juice, mustard, and oregano together. Slowly drizzle in the olive oil until the mixture is well combined. Season with salt and pepper to taste.
2. Spoon 3 tablespoons of the dressing into a quart-sized jar before adding the cucumber. Next layer in the feta cheese, olives, onions, and tomatoes, and finish it off with the greens
3. Cover with a lid and store the salad in the fridge.

Nutritional Facts (465 g per single serving)

Calories 619, Fats 54 g, Carbs 27 g, Protein 15 g, Sodium 1982 mg

Ranch Chicken Pasta Salad

Servings: 2

Ingredients

6 ounces cooked pasta shells
6 ounces cooked chicken, chopped into bite-sized pieces
1 red bell pepper, chopped
2 cups baby spinach

Dressing

½ cup Greek yogurt
½ cup sour cream
1 lemon, juice
2 tablespoons parsley, minced
2 teaspoons fresh chives, minced
½ teaspoon dried dill
½ teaspoon onion powder
½ teaspoon garlic powder
Salt and pepper, to taste

Preparation

1. To make the dressing: In a medium bowl, whisk together all the dressing ingredients until thoroughly mixed. Season with salt and pepper to taste.
2. Toss the cooked pasta with the dressing.
3. Divide the pasta between 2 quart-sized canning jars. Next, add the chicken and bell pepper, and finish it off with spinach.
4. Cover with lids and refrigerate until ready to eat.

Nutritional Facts (380 g per single serving)

Calories 415, Fats 10 g, Carbs 38 g, Protein 42 g, Sodium 160 mg

Quinoa Burrito Bowl Salad

Servings: 5

Ingredients

2 tablespoons coconut oil, divided
2 large chicken breasts
2 teaspoons sea salt
1 sweet potato, peeled and cut into bite-sized chunks
5 tablespoons plain Greek yogurt
3 cups quinoa, cooked
½ cup chopped fresh cilantro
¾ cup shredded mozzarella cheese
3 cups lettuce, chopped

Preparation

1. In a medium skillet, heat 1 tablespoon of coconut oil over high heat. Place the chicken breasts in the pan and season them with sea salt. Cook for about 4 minutes on each side, until they turn golden brown on the outside and are no longer pink on the inside. Remove from heat and allow them to cool.
2. Once completely cooled, cut the meat up into bite-sized pieces.
3. In the same skillet, melt another tablespoon of coconut oil over medium heat. Brown the sweet potato on all sides, for about 3-5 minutes, and then reduce the heat to medium-low heat and cover the pan with a lid. Cook until the potatoes become fork tender, about 5 minutes.
4. To assemble, spoon 1 tablespoon of Greek yogurt into each of the 5 pint-sized jars.
5. Layer the sweet potatoes in, followed by the quinoa, cilantro, mozzarella, chicken, and lettuce.
6. Cover with lids and refrigerate.

Nutritional Facts (246 g per single serving)

Calories 352, Fats 10 g, Carbs 30 g, Protein 34 g, Sodium 205 mg

Camembert Grape Salad with Honey Vinaigrette

Servings: 4

Ingredients

$\frac{3}{4}$ pound seedless grapes, halved
 $\frac{3}{4}$ pound fresh figs, sliced
4 ounces camembert, cut into cubes
 $\frac{1}{2}$ cup pecan, roughly chopped
2 quarts arugula

Dressing

$\frac{1}{4}$ cup honey
 $\frac{1}{4}$ cup red wine vinegar
 $\frac{1}{2}$ cup olive oil
2 tablespoons orange juice
1 tablespoon poppy seeds

Preparation

1. To make the dressing, whisk together all the ingredients until well combined. Divide the dressing evenly among 4 quart-sized jars.
2. Layer the rest of the salad ingredients in the following order: grapes, figs, cheese, arugula, and pecans.
3. Seal and refrigerate until ready to serve.

Nutritional Facts (322 g per single serving)

Calories 562, Fats 45 g, Carbs 37 g, Protein 10 g, Sodium 256 mg

Kale and Arugula Citrus Couscous Salad

Servings: 2

Ingredients

2 celery stalks, diced
1 cup roasted cauliflower, cut into florets
2 oranges, cut into bite-sized pieces
2 cups whole wheat couscous, cooked
1 cup feta cheese, crumbled
2 cups baby kale
2 cups arugula

Dressing

3 tablespoons olive oil
1 tablespoon balsamic vinegar
1 teaspoon maple syrup
Salt and pepper, to taste

Preparation

1. To make the dressing: In a medium bowl, whisk together all the dressing ingredients until the olive oil is well incorporated. Spoon 2 tablespoons of the dressing into each of 2 quart-sized canning jars.
2. Fill the jar with the rest of the ingredients in the following order: celery, cauliflower, oranges, couscous, feta, kale, and arugula.
3. Seal and refrigerate.

Nutritional Facts (266 g per single serving)

Calories 331, Fats 19 g, Carbs 33 g, Protein 10 g, Sodium 379 mg

***These recipes and more can be found in Louise Davidson's **Salads in Jars Cookbook: Healthy, Quick and Easy Mason Jar**. To get your copy, click on the cover or click [here](#).

